

WORLD'S HOME MAGAZINE.

HOW BUSY NEW YORKERS CAN GET STRONG.

LESSONS BY JAMES L. FRAWLEY, WHO TAUGHT ROOSEVELT TO BOX.

LESSON NO. 5.

A Dumbbell Exercise that Calls the Muscles Into Play.

It is especially important that you should have strong back muscles and that your thighs, calves and loins should be well able to do their work.

Here, then, is a dumbbell exercise that will call those muscles into very active play.

Bring the dumbbells to the position indicated in illustration No. 1. Keep your heels together, your feet at an angle of ninety degrees, and let the weight of your body rest on your toes.

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